

House Republican Press Release

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Letter to the Editor



To the editor:

As school reopens for the year, now is an opportunity for parents and civic leaders to focus on the issue of healthy foods, nutrition and exercise.

Gov. M. Jodi Rell correctly vetoed a proposed state law that would have directed state bureaucrats to dictate school food policy for Stamford and New Canaan. The bill was too overreaching and too intrusive into our schools and family nutrition decisions. Banning snacks and beverages at school six hours a day by itself will not make kids healthy. It takes a lifetime of healthy behavior.

The issue is not just about soda and junk food; it's also about exercise. Groups like the President's Council on Physical Fitness encourage people to be active as part of their everyday lives. Programs like the President's Challenge help motivate citizens to improve their physical activity, whatever their fitness level.

We can all begin at home to teach the benefits of a healthy lifestyle of at least 30 minutes of activity a day, five days a week. This includes activity that people can carry with them from youth to old age.

At the community level, some towns have formed parent-teacher wellness committees to gather and circulate information that parents can use at home and schools can implement in cafeterias and gymnasiums.

As the school year begins with enthusiasm and optimism, this is the ideal time to initiate a community discussion about nutrition and physical activity to improve the health and longevity of our children.

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